

שָׁנָה טוֹבָה וּמְתוּקָה!
Shana Tova U'metuka!
Good and Sweet New Year



Rosh Hashanah Blessing Seder

Developed by Rabbi Debrah Shenefelt
For Or Ahavah

With deep appreciation for their work, we
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בְּרוּךְ אַתָּה יְיָ הוֹה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל יוֹם טוֹב.

Baruch Atah Y-H Elohaynu Melech Ha-olam, asher kidshanu b'mizvotav, v'tzivanu l'hadlik ner shel yom tov.

Blessed are You, Source of Blessing, Master of all of worlds, Who has given us Divine rituals to help us become holy, and Who has instructed us to kindle (Shabbat and) the festival lights.

Shanah Tovah Song (Adapted from words by Peter and Ellen Allard)

Chorus

L'Shanah Tovah, Good New Year!
L'Shanah Tovah, Healthy New Year!
L'Shanah Tovah, Sweet New Year!
For you and you and you and you and me!

We dip our apples in sweet honey,
A sweet start for a good new year;
We eat dates, pomegranate and we pray
for a happy and peaceful year.

Chorus

Teshuvah, we change for the better,
Tefillah, we pray for the best
Tzedakah, we help those who are in need,
And G!D will take care of the rest.

Chorus

Beginning the Beginning

תַּחֵל שָׁנָה וּבִרְכוּתֶיהָ!

Takhel shana u-virhotcha!
Let the New Year begin with all its blessings!

Kiddush: Blessing For Wine

The commandment to bless this wine is a commandment to drink life as deeply as we drink from this cup.

It is a commandment to bless life and to love deeply.

It is a commandment to laugh until we are all laughter,

To sing until we are all song,

To dance until we are all dance,

To love until we are all love.

This is the wine that God has commanded us to bless and drink!

By Rabbi Sandy Eisenberg Sasso

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרִי הַגֶּפֶן.

Baruch Atah Adonai Eloheinu melech haolam, borei p'ri hagafen.

Blessed are You, Source of Blessing, Sovereign of all worlds, Who creates the fruit of the vine. Amen

Round Challah Bread with Honey

Eloheynu Shebashamayim uvaaretz, our Creator Who is in the heavens and the earth, we ask b'leiv shaleim, with a whole heart for a sweet year!

יְבָרְכֵנוּ יְהוָה

Yevarekhenu Adonai

May You bless us with a NewYear that is as sweet as the honey that we now eat with challah. May this sweetness continue throughout the coming year! Amen!

“May You create yeast in our soul, causing us to ferment and mature, to rise, elevate to our highest possibilities, to reach our highest self.” (*Chassidic* Blessing)

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

Baruch atah Adonai Eloheinu melekh ha-olam, ha-motzi lekhem min ha-aretz.

Blessed are You, Source of Blessings, sovereign of all worlds, Who brings forth bread from the earth. Amen!

A Blessing for Sweetness: Apple with Honey – Tapuah ba-d'vash

Eloheynu Shebashamayim Uva'arez, Our Creator in the heavens and the earth, endless
Source of Renewal,

יְבָרְכֵנוּ יְהוָה

Yevarekhenu Adonai

May You bless us with a renewed year that is as sweet as the honey that we now eat with
apple. Amen!

May You bless us to grow into who we really are, to value the freedom that you so
generously give to us, and to bring more goodness and sweetness into our world! Amen!

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵי פְּרֵי הָעֵץ.

Baruch atah Adonai eloheinu melech ha-olam, borei p'ri ha-eitz.

Blessed are You, Source of Blessings, Sovereign of all worlds, Who brings forth fruit from
the trees.

Blessings For Children

Male Children:

יְשִׁמְךָ אֱלֹהִים כְּאַפְרַיִם וְכַמְנַשֵּׁשׁ.

Yesimkha elohim k'efraim u'k'menasheh.

May you be like Ephraim and Menasheh .

Female Children:

יְשִׁמְךָ אֱלֹהִים כְּשָׂרָה רִבְקָה רָחֵל וְלֵאָה.

Yesimekh elohim k'sarah, rivkah, rachel, v'leah.

May you be like Sarah, Rebecca, Rachel, and Leah.



Lisa Rosenberg

For all: (Number 6:24-26)

בִּרְכֶּךָ יְיָ הוֹדוּ וַיְשַׁמְרֶךָ.

יְאֹר יְהוָה פָּנָיו אֵלֶיךָ, וַיַּחֲנֶךָ.

יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ, וַיִּשֶׂם לְךָ שְׁלוֹם.

May God bless you and safeguard you.

May you sense the Presence of God and may God be gracious to you

May God's blessings flow through you and may God grant you peace.

Shehekeyanu

ברוך אתה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהַחַיָּנוּ וְקִיָּמָנוּ וְהַגִּיעָנוּ לַזְמַן הַזֶּה

Barukh Atah Adonay Eloheynu Melekh ha'olam shehekheyanu, v'kiyimanu, v'higiyanu lazman hazeh.

Thank you Holy Blessing One for keeping us and safeguarding us until this moment of newness, light, blessing and joy!

BLESSINGS

By Shayndel Kahn

I open my heart to the spirit
I open my heart to the song.
I open my heart to the blessing
That's been there all along.

I open my eyes to the sunshine.
I open my eyes to the earth.
I open my eyes to the freedom
That's been there from my birth.

Chorus: Blessings, Blessings
Bless this gift of life (2x)

I open my body to the laughter.
I open my body to the tears.
I open my body to the wisdom
That's been there all these years.

I open my mind to the lessons.
I open my mind to the love,
I open my mind to the giving
And to the Infinite Source above.

Chorus: Blessings, Blessings
Bless this gift of life (2x)

(from the Morning Liturgy)

בְּרַכְנוּ, אֲבִינוּ, כִּלְנוּ כְּאֶחָד בְּאוֹר פְּנִיךָ
כִּלְנוּ כְּאֶחָד בְּאוֹר פְּנִיךָ

Bar-cheinu Avinu, Koo-lanu Ki-echad,
koo-lanu Ki-echad, Bi-ohr Pa-necha,

Bless us all, our Father, our Mother, our Sovereign;
Bless us all as one,
with the Light of Your face

from Tanya Igeret HaKodesh ch. 14

*Every year there descends and radiates a new and renewed light
which has never yet shone.*

*For the light of every year withdraws to its source in the Essence of the
Ein Sof, the Divine Infinite Without End, on the eve of Rosh Hashana,
'when the moon is covered.'*

*Afterwards, by means of the sounding of the shofar,
and by means of the prayers,*

a new and superior light is elicited...

*a new and more sublime light that has never yet shone since the
beginning of Creation.*

*Its manifestation, however, depends on the actions of those below—
on us, and on the merit of our inner work during the
Ten Days of Teshuvah/Spiritual Re-alignment and Return*



*We are opening up in sweet surrender to the
Luminous Love-Light of the One 2x*

We are opening 4x

The Lighter Side of Creation



מַעְרִיב עֶרְבִים - MAARIV ARAVIM

Arrangement by Rabbi Rayzel Raphael

CHORUS: Leader: Evening Group repeats: Evening
Leader: The evenings Group Repeats: The Evenings
Together: Evening the frayed edges of our lives
Leader: Ma'ariv Group Repeats: Ma'ariv
Leader: Aravim Group Repeats: Aravim
Leader: Amen Group Repeats: Amen

Sacred words even the evenings;
Wisdom opens gates locked around our hearts

אֲשֶׁר בִּדְבָרוֹ מַעְרִיב עֶרְבִים, בְּחֶכְמָה פּוֹתֵחַ שְׁעָרִים,

Asher bid'varo ma'ariv aravim, b'chochmah potey-ach sh'arim, *Chorus*

Understanding alters with the times;
Changing seasons, cycles divine

וּבִתְבוּנָה מְשַׁנָּה עֵתִים, וּמַחְלִיף אֶת הַזְּמַנִּים,

u-vi-t'vunah m'shaneh ee-teem, u-machaleef et ha-z'manim, *Chorus*

Paint diamonds on the canvas called sky;
Soothe our souls with a lilting lullaby

וּמְסַדֵּר אֶת הַכּוֹכָבִים, בְּמִשְׁמְרוֹתֵיהֶם בִּרְקִיעַ כְּרָצוֹנוֹ.

u'msader et ha-kochavim b'mish'm'ro-teyhem ba-ra-kee-a, ki'r'tzono. *Chorus*

Rolling, rolling into the night;
Rolling, rolling away the light

גּוֹלֵל אֹר מִפְּנֵי חֹשֶׁךְ, וְחֹשֶׁךְ מִפְּנֵי אֹר.

golel or mipney choshech, v'choshech mipney or. *Chorus*

Spirit of the night we bless Your Name,
Eternal Light, Eternal flame.

אֵל חַי וְקַיִם, תָּמִיד יְמַלּוֹךְ עָלֵינוּ לְעוֹלָם וָעֶד.

El chai v'kayam! Tamid yimloch aleynu l'olam va-ed!

בָּרוּךְ אַתָּה יְיָ, הַמַּעְרִיב עֶרְבִים:

Baruch Atah Y-H-V-H, hamariv aravim.

Sh'ma

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

Sh'ma Yisrael Y-H-V-H Eloheynu Y-H-V-H Echad

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד

Baruch Shem K'vod Malckuto L'olam Va'ed!

A Blessing to Increase Kindness with Good Deeds: Pomegranate-Rimon



יְבָרְכֵנוּ יְהוָה

Yevarekhenu Adonai

May You bless us with the vision and strength throughout the New Year
to be as full of good deeds as the pomegranate is full of seeds.

Amen!

A Blessing for Peace, A Blessing for Friendship: Dates -Tamar

יְבָרְכֵנוּ יְהוָה

Yevarekhenu Adonai

May you bless us with a year filled with joyful *dates* and meaningful relationships.

May You bless us with a year where hatred will end and there will be peace for Israel and all of the world. (Dates – tamar in Hebrew resembles the word for end -yitamu) Amen!

A Blessings for Tearing Up Negative and Proclaiming Positive -K'ra

יְבָרְכֵנוּ יְהוָה

Yevarekhenu Adonai

May You bless us with a year that You tear up all evil decrees against us, as our merits are proclaimed before You.

(Pumpkin or gourd – k'ra in Hebrew - resembles the word for tear and proclaimed – likroah.)

A Blessing for Freedom - Spinach or Beet – Selek

יְבָרְכֵנוּ יְהוָה

Yevarekhenu Adonai

May You bless us with a year when all the enemies who might beat us will retreat and we will beat a path to freedom.

May You bless us with the vision and strength to follow our true inner beat and reach our personal goals.

ברוך אתה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הָאֲדָמָה

Baruch atah Adonai Eloheinu melek ha-olam, borai pri ha-adamah.

Blessed are You, Source of Blessings, Sovereign of all worlds, Who brings forth fruit from the ground. Amen!

(Beets – selek in Hebrew – resembles the word for retreat, yistalku)

A Blessing for Carrots, Gezer

יְבָרְכֵנוּ יְהוָה

Yevarekhenu Adonai

May we be blessed that You judge us with positive decrees. Amen!

The Hebrew word for “carrot,” is *gezer*. It is reminiscent of the infinitive, *ligzor*, meaning both to cut and to decree. Serving carrots on Rosh Hashanah traditionally carries with it a wish that G!D judge us with positive decrees.

Rosh-Head

May it be our intention and our will that we be at the head of what is right and good, and not lag behind at the tail end of justice.

May We Be Blessed to be at the head of what is right and good, and not lag behind at the tail end of justice. (We are given this choice in Deut. 28:13)

May We Be Blessed that the foundation of our personal and collective lives should be just and true, and that we are fertile and prolific as fish in doing good for others.

This is Your Life!

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם....

Baruch Atah Y-H-V-H Eloheinu Melech ha-olam....

Thank you G!D for the blessing of _____

Shanah means both “year” and “change.” Today is the beginning of new possibilities.

What new vision do you have for yourself for the coming year?

Will your vision contribute to making a better world in some way? If so, how?

Zachreynu l'chayim -May We Be Remembered

Zochreynu l'chayim
Melech chafetz b'chayim;
v'chatveynu b'sefer ha'chayim
Zochreynu l'chayim
Melech chafetz b'chayim,
l'maancha Elohim Chayim!

May we be remembered
and inscribed in the Book of Life
for Blessings of Peace and Sustenance.
May there be good life
and harmony
for Israel and all of the world!

We Eat the Festive Meal!

Happy Birthday to Adam the Human Being

It is the Birthday of the Human Soul –
Does Human Consciousness Make Rosh HaShahanah the
Birthday of the World?



V'Achalta

V'achalta, v'savata, u'veyrachta

You will eat, you will be satisfied and you will bless! (Deut. 8:10)

We ate when we were hungry
And now we're satisfied
We thank the source of blessing
For all that S/He provides.

Hunger is a yearning
In body and soul
Earth, Air, Fire, Water
And Spirit makes us whole

Giving and receiving
We open up our hands
From seedtime through harvest
We're partners with the land.

We share in a vision
Of wholeness and release
Where every child is nourished
And we all live in peace.

The Angel Song

From the Bedtime Shema

-Music by Rabbi Shlomo Carlebach z"l

בְּשֵׁם יי אֱלֹהֵי יִשְׂרָאֵל,
מִיְמִינִי מִיְכָאֵל,
וּמִשְׁמָאלִי גַבְרִיאֵל,
וּמִלְפָּנַי אֱוִרִיאֵל,
וּמֵאַחֲרַי רָפָאֵל,
וְעַל רֹאשִׁי שְׁכִינַת אֵל.

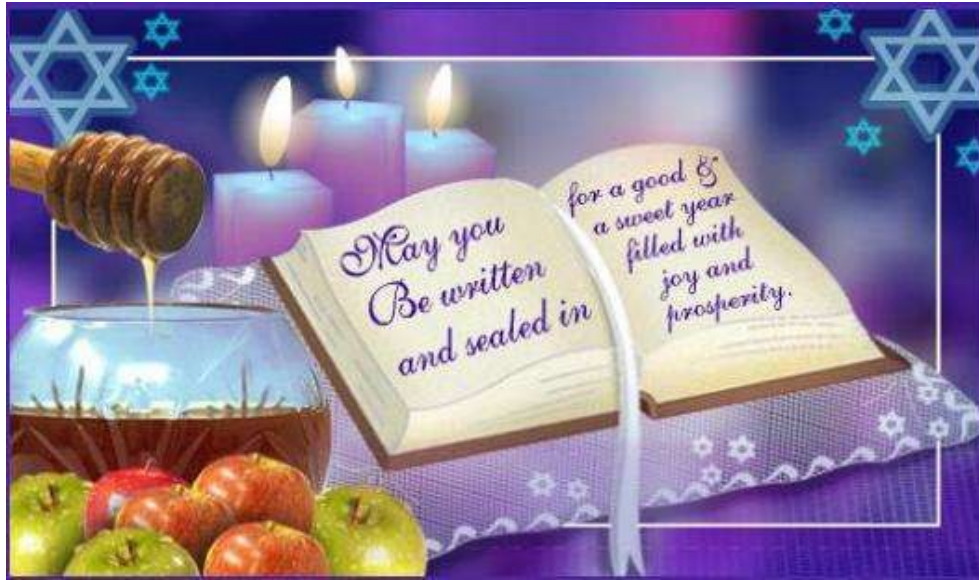
B'shem HaShem, B'shem HaShem
Elo-hay Yees-rah-ehl
Mee-mee-nee Mee-cha-ehl
Ooh-mee-smo-lee Gahv-ree-ehl
Ooh-meel-fah-nai Oh-ree-ehl
Ooh-meh-ah-chor-rai Ri-fah-ehl
V'ahl Roh-she, V'ahl Roh-she
She-chee-naht-ehl

In the name of G-d (2x)
The G-d of Yisra-El
On my right is Michai-El
On my left is Gavri-El
In front of me is Uri-el
Behind me R'fa-El
Above my head, above my head
Shechinat-El



From the Kabbalah

By Diane Tremblay



May the New Year be filled with an abundance of blessings!
May the New Year be filled with love and peace!
May the New Year be a good year for us all!

שָׁנָה טוֹבָה וּמֵתוּקָה!
Shana Tova u'Metuka!
A Good and Sweet Year!